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SOCHI WATCH

• **7:45 a.m.** Four Canadians will go for the first ever Olympic gold medal in men's ski halfpipe, led by medal favourite Mike Riddle, who's the 2012-13 overall World Cup champion.

• **9:15 a.m.** Kaillie Humphries and Heather Moyse — the first Canadian women's team to win bobsled Olympic gold — will slide in their first two of four runs. GREG DOWNS/FOR METRO

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Worker's mine death being investigated

PotashCorp's Cory facility. 31-year-old man killed after being struck by falling ore while underground

A worker has been killed after an incident at a potash mine just outside Saskatoon.

Officials with Potash Corp. of Saskatchewan say some ore fell on top of the man while he was underground at its Cory mine on Monday morning.

Co-workers tried to resuscitate the 31-year-old, said company spokesman Bill Johnson.

"The crews working with this individual tended to him right away underground, administering CPR," Johnson said.

"He was brought to the surface and he was taken to hospital by ambulance."

He later died in hospital, Johnson said.

Another person was also taken to hospital, but was not seriously injured.

"It was a very sad day at PotashCorp," Johnson said.

The mine has temporarily shut down as workplace safety officials investigate.

"We have rather extensive procedures in place to prevent ground fall, to ensure that the integrity of our mine is safe," he said.

"We brought the crew up and everyone up to surface. We had meetings with our employees and everyone was sent home. We will certainly make counselling available to anyone who needs it."

Tragedy

"We have rather extensive procedures in place to prevent ground fall, to ensure that the integrity of our mine is safe."

PotashCorp spokesman Bill Johnson

Johnson said it's not clear what caused the accident. He added that the company's mines are routinely inspected for safety.

The last time there was a serious ground-fall incident at a PotashCorp mine was in 2005 at the Lanigan mine.

THE CANADIAN PRESS/CKOM

THE VIRTUES OF SILVER

The ice dance team of Tessa Virtue and Scott Moir did everything right Monday in Sochi, Russia, but it wasn't enough to capture their second Olympic gold medal in a row, as Americans Charlie White and Meryl Davis edged them for the crown with a flawless program of their own. Olympic coverage, pages 7 & 19-22. THE ASSOCIATED PRESS

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NEWS 1

Investigation ongoing in large warehouse blaze

Sutherland. Cost of damages and cause of fire still under investigation: Officials

MORGAN MODJESKI
morgan.modjeski@metronews.ca

The Saskatoon Fire Department will continue investigating a massive warehouse fire in the city's Sutherland industrial neighbourhood on Tuesday after the building went up in flames on Friday afternoon.

Located at 140–105th St., the blazing building drew about seven fire trucks and 28 to 32 firefighters over the course of the 19-hour burn.

On Monday, officials with the Saskatoon Fire Department said the majority of the building was destroyed, but it wasn't the biggest fire they had dealt with.

"It was a large fire, but it's definitely not the largest," said Andy Kotelmach, a battalion chief with the SFD.

"The Heritage Crescent fire last year as well as 8th Street and McKercher were substantial losses to apartment buildings and private homes.

"This involved just one building, just one warehouse, and as dramatic and extensive as it was, it's really not the largest fire that we've experienced."

The SFD evacuated a number of businesses in the area as a result of the blaze, including the nearby Playful Paws Pet Centre, which was housing roughly 150 animals

Playful Paws office manager Bonnie Clark said staff went "above and beyond" to keep animals safe during the evacuation, which lasted through the night.

"The dogs and cats were all moved and transported where they needed to be," she said on Monday.

"Everybody was OK and there was not one incident."

The Central Animal Hospital, the University of Saskatchewan Veterinary Clinic and the Hound Lounge all helped house the animals overnight.

The cause of the fire and the estimated cost of damages were still unknown on Monday.

For more news visit metronews.ca

The remains of a burned-out warehouse in Saskatoon's Sutherland industrial neighbourhood can be seen covered in ice on Monday morning. The fire, which started at roughly 4 p.m. on Friday, burned for 19 hours before firefighters were off the scene. MORGAN MODJESKI/METRO

Crashed Ice qualifier draws out hopefuls

Cam Preymack, 18, from Prince Albert, takes a hard turn at the Red Bull Crashed Ice qualifier at the CanLan Ice Sports Jemini Arena on Monday. Out of 46 athletes, seven from the Saskatoon qualifier will go on to the Crashed Ice World Championship in Quebec City on March 22. MORGAN MODJESKI/METRO

Sharp turns and high speeds set the scene at the Red Bull Crashed Ice qualifier in Saskatoon.

Forty-six people from across Saskatchewan and beyond gathered at the CanLan Ice Sports Jemini Arena on Monday for their shot at the Crashed Ice tour.

Cam Preymack, 18, from Prince Albert, was one of 40 men vying for a top-five spot to compete at the Crashed Ice world championship in Quebec City and for him, the reason for trying out was simple.

"There's skating, there's hitting — you name it," Preymack said.

"When I was younger I've always been playing hockey and I've been too busy to come out," he said. "I'm not playing hockey this year — so I thought I would come and give this a go."

Tia Hanson, who's seen three Crashed Ice events live, was up against five other women for just two qualifying spots.

"My first time was in 2010 and I think it's grown immensely," she said.

"The TV coverage … and the attraction that it gets has grown a lot and I think it's got a great future."

John Sonntag, from Goodsoil Sask., travelled from Regina for the qualifier and after two solid runs, he took top spot.

"Over the last few years it seems like it's gotten really huge and just continues to get bigger," he said.

"It's just good to have this opportunity and be a part of it."

Sonntag, along with six other athletes from the Saskatoon qualifier, will now travel to Quebec City for the Red Bull Crashed Ice World Championship on March 22.

MORGAN MODJESKI/METRO

The results

Top-five men:

- John Sonntag
- Paul Sonntag
- Carter Macleod
- Jimmy Lenfesty
- Derek Plug

Top-two women:

- Katelyn Ptolemy
- Megan Vermillion

With temperatures climbing to a high of -2 C on Monday, Saskatonians were out in full force for Family Day fun across the city. Metro Saskatoon visited some hot spots to find out how residents spent their day off.

MORGAN MODJESKI
morgan.modjeski@metronews.ca

Mild weather leads to Family Day fun

1 Cross-country calm

Arlene Pond and 10-year-old granddaughter Danyka Koloski enjoy a cross-country ski at Kinsmen Park in Saskatoon's downtown on Monday afternoon.

2 Skating sisters

Eight-year-old Cadence Gaida and two-year-old sister Brielle Materi skate at the Meewasin Skating Rink on Monday.

3 Lace em' up! Six-year-old Jade Campbell has his skates tightened-up by his father, Craig, before he hits the ice at the Meewasin Skating Rink on Monday.

4 Sunny day for a sleigh! A group of people can be seen as they cruise alongside the South Saskatchewan River with some serious horsepower as part of the Cameco Skating Party on Monday.

METRO CUSTOM PUBLISHING

Ding! Ding!
TRANSIT TUESDAY

TRANSIT FARES TO INCREASE FEBURARY 1, 2014

The Saskatoon Transit and Access Transit fares that were approved as part of the 2014 City of Saskatoon Budget will be in effect starting February 1, 2014.
The new fees are as follows:

- Single transit tickets will increase $0.10 for adults, students and children making the new rates $2.40, $1.80 and $1.40.
- Monthly pass fares will also increase, for adults it will increase from $78 to $81; students $56 to $57; children $47 to $48; and for seniors $26 to $27.
- Cash fares will increase by $0.10 to $3.10 per ride for an adult, $2.60 for a student, and $2.10 for a child.

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Students killed as roof collapses in South Korea

At least 10 dead. Heavy snowfall contributed to disaster at freshmen ceremony attended by more than 500 people

A woman trapped in the rubble of a collapsed resort building waits to be rescued in Gyeongju, South Korea, on Monday.
LEE SANG-HYUN/YONHAP/THE ASSOCIATED PRESS

A resort auditorium's roof loaded down with snow and rain collapsed during a welcoming ceremony for South Korean university freshmen, killing 10 and injuring more than 100, officials said Monday.

Emergency staff worked through the night to pull people from beneath twisted metal and other debris and rush the injured on stretchers to waiting ambulances. Snow, sleet and icy roads hampered rescue operations.

The collapse happened as about 560 students from Busan University of Foreign Studies gathered for a two-day freshman orientation at the Manua Ocean Resort in the southeastern city of Gyeongju.

Recent heavy snow combined with rain likely put too much pressure on the structure, said Kim In-you, a fire rescue squad team leader for the Busan Fire Department.

Ten people died, two people were seriously injured and 103 lightly injured, said Jung Yoon-han, director of the disaster management department at the Ministry of Security and Public Administration.

Many of the students managed to get out of the building by themselves, officials said.

THE ASSOCIATED PRESS

Geneva. Ethiopian co-pilot hijacks his own flight, asks Swiss for political asylum

Police stand on the stairs at a Geneva airport after passengers were evacuated from a hijacked plane Monday.
SALVATORE DI NOLFI/THE ASSOCIATED PRESS

It seemed like a routine flight until the Ethiopian Airlines jetliner went into a dive and oxygen masks dropped from the ceiling. Only then did the passengers — bound for Italy from Addis Ababa — realize something was terribly wrong.

The co-pilot locked the captain from the cockpit, commandeered the plane and headed for Geneva. He used a rope to lower himself out of a window and asked for political asylum. Authorities say a prison cell is more likely.

One passenger said the hijacker threatened to crash the plane if the pilot didn't stop pounding on the locked door. Another said he was terrified "for hours."

The jetliner carrying 200 passengers and crew took off from the Ethiopian capital on a flight to Milan and then Rome, but sent a distress message over Sudan that it had been hijacked, an Ethiopian official said.

The plane landed in Geneva at about 6 a.m. Officials said no one on the flight was injured and the hijacker was taken into custody after surrendering to Swiss police.

The co-pilot was identified as Hailemedhin Abera, a 31-year-old Ethiopian man who had worked for Ethiopian Airlines for five years and had no criminal record, said Ethiopia's communications minister, Redwan Hussein, adding that Ethiopia will seek his extradition. Geneva police said he claimed he felt threatened at home.

THE ASSOCIATED PRESS

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CANADA'S ECONOMIC ACTION PLAN

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No survivors found in Nepalese plane crash

Arghakhanchi. Rescuers reach mountain crash site on foot after plane crash kills 18 in snow, rain and fog

A Nepalese policeman and three soldiers carry the body of one of those killed in a plane crash in Arghakhanchi, Nepal, on Monday. TEK NARAYAN BHATTARAI/ THE ASSOCIATED PRESS

Rescuers on Monday found the wreckage of a plane that had slammed into a snow-covered mountain in Nepal and burst into flames, killing all 18 people on board, including a child, authorities said.

Moving slowly through thick snow, rescuers walked for 13 kilometres to the crash site.

Air traffic control had lost contact with the plane on Sunday afternoon in poor visibility due to snow, rain and fog.

"Our plane was technically airworthy and we believe it was the weather that caused the crash," said Ram Hari Sharma of Nepal Airlines. He said there will be a full investigation.

The state-run airline is often criticized over allegations of corruption and flying old planes. Last year, the European Union banned all Nepalese airlines from flying to Europe because of poor safety records.

The plane had 15 passengers and three crew members.

The plane's charred wreckage was flung across a wide area, said police official Bam Bahadur Bhandari. Some victims were identified using documents found in the wreckage, he said.

The plane was flying from Kathmandu to Jumla, about 400 kilometres to the west, when it made an unscheduled fuel stop in the city of Pokhara, about a third of the way into the journey.

The de Havilland Canada-manufactured Twin Otter was 43 years old. In May, another plane of the same make and model operated by Nepal Airlines crashed in northern Nepal, injuring all 21 people on board. THE ASSOCIATED PRESS

Central African Republic

Red Cross discovers 13 in mass grave

Red Cross officials in Central African Republic say they've retrieved 13 bodies from a mass grave found in the capital last week.

Antoine Mbao-Bogo, president of the local Red Cross, confirmed Monday that the bodies had been removed from a military base that was used by Muslim rebels during their 10-month rule.

Prosecutor Ghislain Gresenguet said an investigation was underway after African peacekeepers found the grave last Wednesday.

The Muslim rebels, known as Seleka, were blamed for scores of human-rights abuses during their time in power. A Christian militia that arose in opposition to the Seleka fighters also has been blamed for atrocities.

The death toll from Central African Republic's crisis is unknown, though more than 1,000 died over several days in December alone.

THE ASSOCIATED PRESS

Violence against women

Afghan president to amend legislation over concerns for abuse victims

Afghan President Hamid Karzai on Monday ordered changes to a draft of new criminal legislation in response to an international outcry warning it would severely limit justice for victims of domestic abuse, his spokesman said.

Afghanistan's parliament had passed a new criminal procedure code that would ban relatives from testifying against alleged abusers. While the legislation awaited signature from Karzai, human-rights organizations and several of Afghanistan's Western allies voiced strong concerns it would effectively curb prosecutions involving violence against women, where relatives are often the only witnesses.

Manizha Naderi, executive director of Women for Afghan Women, said she was "absolutely thrilled" by the move.

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Mental health. Hormone levels in teenage boys could predict depression

A saliva test for teenage boys with mild symptoms of depression could help identify those who will later develop major depression, a new study says.

Researchers at the University of Cambridge measured the stress hormone cortisol in teenage boys and found that ones with high levels coupled with mild depression symptoms were up to 14 times more likely to suffer clinical depression later in life than those with low or normal cortisol levels.

"This is the emergence of a new way of looking at mental illness," Joe Herbert of the University of Cambridge and one of the study authors said at a news conference on Monday. "You don't have to rely simply on what the patient tells you, but what you can measure inside the patient."

Effects of cortisol

Girls with similarly elevated cortisol levels were only up to four times more likely to develop major depression.

- Dr. Carmine Pariante, a professor of biological psychiatry at the Institute of Psychiatry at King's College London said the gender-specific hormones — androgen for males and estrogen and progesterone for females — might react differently to cortisol and could explain the difference in risk for teenage boys and girls.

About one in six people suffer from clinical depression at some point in their lives, and most mental health disorders start before age 24. There is currently no biological test to spot depression.

THE ASSOCIATED PRESS

Panty raid. Russian ban on lacy lingerie enrages female consumers

A trade ban on lacy lingerie has Russian consumers and their neighbours with their knickers in a twist.

The ban will outlaw any underwear containing less than six per cent cotton from being imported, made, or sold in Russia, Belarus and Kazakhstan. And it has struck a chord in societies where Victoria's Secret is a panty paradise compared to Soviet-era cotton underwear, which was often about as flattering and shapely as drapery.

Although the ban — first outlined in 2010 by the Eurasian Economic Commission — won't go into effect until July 1, consumer outcry against it already is reaching a fever pitch.

On Sunday, 30 women protesters in Kazakhstan were arrested and thrown into police vans while wearing lace underwear on their heads and shouting "Freedom to panties!"

The Eurasian Economic Commission declined to comment Monday, saying it was preparing to issue a statement.

THE ASSOCIATED PRESS

Women hold up lace underwear during a protest against the upcoming ban on synthetic underwear in Almaty, Kazakhstan. VLADIMIR TRETYAKOV/THE ASSOCIATED PRESS

Surveillance

Ethiopian refugee accuses gov't of cyberattack

An Ethiopian refugee is urging British authorities to open an investigation after experts found traces of sophisticated surveillance software on his computer. Tadesse Kersmo accused the Ethiopian government of deploying the software to spy on his Skype calls with other members of the country's opposition, excerpts of which later ended up on the Internet.

THE ASSOCIATED PRESS

Chile

Captured puma back on the loose

Chile's Agriculture and Livestock Service said Monday a puma captured inside a home in January has escaped a shelter and is roaming in the Cajón del Maipo, an area often used by tourists for picnics and camping. THE ASSOCIATED PRESS

British Columbia

Compassion club owners face drug trafficking charges

Kamloops compassion club owner Carl Anderson and his business partner Wesley Jenkins are each facing a charge of drug trafficking after RCMP busted their club in 2011. Anderson plans to launch a constitutional challenge to the federal law banning such non-profit clubs from selling unsanctioned medicinal marijuana, saying the current regime violates patients' charter rights.

THE CANADIAN PRESS

Vienna

Doubts carry into Iran nuke talks

As Iran and six world powers begin working on a final nuclear deal Tuesday, Ayatollah Ali Khamenei, Iran's supreme leader, urged Iranian envoys on Monday to do their best but said the negotiations "will lead nowhere." THE ASSOCIATED PRESS

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N. Korea. UN panel warns Kim Jong-un could face international prosecution

A UN panel warned North Korean leader Kim Jong-un on Monday that he may be held accountable for orchestrating widespread crimes against civilians in the secretive Asian nation, ranging from systematic executions to torture, rape and mass starvation.

It is unusual for a UN report to directly implicate a nation's leader.

But in a letter accompanying a yearlong investigative report, the chairman of a three-member UN commission of inquiry, retired Australian judge Michael Kirby, directly warned Kim that international prosecution is needed "to render accountable all those, including possibly yourself, who may be responsible for crimes against humanity."

"Even without being directly involved in crimes against humanity, a military commander may be held responsible for crimes against humanity committed by forces under the commander's effective command and control," Kirby wrote.

"They are wrongs that shock the conscience of humanity," Kirby said, comparing them with Nazi atrocities.

North Korea is unlikely to face prosecution because China, one of five veto-wielding members of the UN Security Council, generally opposes such referrals to the International Criminal Court.

"Too many times in this building there are reports and no action," Kirby said of the UN. "Well, now is a time for action. We can't say we didn't know."

THE ASSOCIATED PRESS

Crimes against humanity

The report is a wide-ranging indictment of North Korea for policies including:

- Political prison camps with 80,000 to 120,000 people

Rainbow-clad LGBTQ activist detained in Sochi

Vladimir Luxuria, a former Communist lawmaker in the Italian parliament and prominent crusader for transgender rights, is detained by police after entering the Shayba Arena in Sochi, Russia on Monday. DAVID GOLDMAN/THE ASSOCIATED PRESS

Olympics. Prominent transgender rights crusader removed from hockey game

An Italian activist shouting "It's OK to be gay" and dressed in a rainbow-coloured outfit and large headdress was detained Monday as she entered an arena to watch an Olympic hockey game.

Vladimir Luxuria, a former Communist lawmaker in the Italian parliament who has become a prominent transgender rights crusader and television personality, was stopped by four men and then driven away by police in a car with Olympic markings.

It was not known where she was taken.

Luxuria had been walking around the Olympic Park in Sochi for about two hours. She was shouting "Gay is OK" and "It's OK to be gay" in both English and Russian.

Luxuria earlier said she was detained on Sunday evening by Russian police who told her she should not wear clothes with slogans supporting gay rights. Police denied detaining her.

On Monday, the Italian activist walked around the Olympic Park with a group of journalists, attracting onlookers.

Luxuria arrived at a ticket inspection barrier at the hockey arena just before an evening game was due to begin. She passed through the barrier and was being given directions to her seat when four men who were not wearing any identification surrounded her and started shouting "take her away." They then led her out of the venue and to the parking lot.

As she was being led away from Shayba Arena, she was shouting "I have a ticket."

It was not immediately clear why Luxuria was detained.

THE ASSOCIATED PRESS

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Ombudsman slams lax review of prison deaths from natural causes

New report. On average, about 35 federal inmates die each year of natural reasons — by far the most common cause

Howard Sapers, the federal prison ombudsman, says it often takes more than two years for the Correctional Service to complete a mandatory review when someone behind bars dies of natural causes. ADRIAN WYLD/THE CANADIAN PRESS

It often takes more than two years for Correctional Service Canada to complete a mandatory review when someone behind bars dies of natural causes, the national prison ombudsman says.

A report released Monday by correctional investigator Howard Sapers also raises questions about the quality and level of care provided to prisoners before they die in custody.

Sapers says he uncovered questionable diagnostic practices, incomplete records, lax information-sharing and delays or lack of follow-up on treatment recommendations.

In addition, prison staff did not investigate the circumstances of natural deaths beyond recording the cause as either unexpected or sudden.

Correctional Service's process for reviewing such in-custody deaths failed to generate significant findings or recommendations, Sapers says. There is no way of determining whether a death was preventable or premature.

"More offenders are growing old in custody and succumbing to chronic disease in prison," the report says.

It calls on the prison service to do a comprehensive "lessons-learned exercise" to identify measures to reduce or prevent natural cause deaths.

The process for reviewing deaths in prison should also be subject to a "quality control audit" by an outside medical examiner, Sapers says.

In preparing the report, Sapers' office hired an independent doctor to study the medical care provided to a sample of 15 offenders before they died. All of the deaths involved men and all but one was anticipated by the prison service.

THE CANADIAN PRESS

Recommendations

Howard Sapers recommends other changes:

- All sudden or unexpected fatalities should be subject to a full national board of investigation — the kind of inquiry that now happens when there's a suicide or homicide.
- The board should convene within 15 working days of the fatality.
- All reviews of prison deaths — no matter the cause — should be led by a doctor.
- Death review reports should be shared with family members in a timely way.

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metro

Fed study. Education can combat low public faith in justice system: Report

An internal Justice Department report says Canadians have little confidence in the courts and the prison system — and the best way to counter those perceptions is through education.

Opposition critics argue that message is at odds with the Conservative justice agenda, which they say simply exploits public misunderstanding of justice issues by enacting tough-on-crime measures that can be harmful.

The federal report summarizes a decade's worth of opinion polls and research, some of it unpublished, that has consistently found high confidence in the police.

But research shows Canadians also see the courts as too slow to deliver justice, and judges as handing out sentences that are too lenient.

The research indicates the public believes victims are too often ignored in the justice system, and that prisons do a poor job of rehabilitating offenders. "The public generally believes that sentences are too lenient and that the corrections system is not doing a great job of rehabilitating offenders," says the 13-page report.

Author Charlotte Fraser, a Justice Department employee, notes that Canadians' generally low levels of confidence in the justice system are similar to those of citizens in other western countries. Such views have remained stable over the last 10 years, even as crime rates have fallen.

The report links the poor opinion of Canadians to a "lack of understanding of the specific mandates of courts and corrections."

THE CANADIAN PRESS

Reporting crimes

The study says only about 15 per cent of Canadians decline to report crime because they lack faith in the justice system.

- It says the three primary reasons people report crimes are when they are serious in nature, involve substantial loss or physical injury, or when insurance payments require them to do so.

Endangered fin whale

Shipment passes through Canada

Greenpeace is calling on Canada to adopt stricter trade laws after meat of the endangered fin whale arrived in Halifax from Iceland about three weeks ago and was transported by rail across the country en route to Japan.

Environment Canada says it had to allow the shipment to proceed since Iceland and Japan did not agree to the listing of the fin whale under the Convention on International Trade in Endangered Species of Wild Fauna and Flora. THE CANADIAN PRESS

Prostitution law

Conservatives seek public input

The Conservative government wants to hear from Canadians about how to rewrite the country's prostitution laws after those laws were struck down by the Supreme Court late last year. A month-long online consultation period on the Justice Canada website begins today and runs to March 17.

THE CANADIAN PRESS

Toronto-area swingers' club owner longs for good ol' days

Too sexy for this party? Younger generation cramping style of middle-aged polyamorists

If his backdrop weren't a dimly lit stage with two gold stripper poles and a wall-sized image of a nearly naked woman, you might think Jack Cohen was lamenting society's loss of, say, sit-down family dinners.

The 70-year-old speaks in nostalgic, things-ain't-like-they-used-to-be tones while explaining his latest specialty night at Jay Jay's Inn, the dingy bar and hotel he's owned for more than 30 years in Etobicoke, Ont., a suburb in Toronto's west end.

"We need to go return to the basics," he says. "I want it to go back to the old days."

Swinging, that is. The practice of couples playing tradesies with their sexual partners has lost touch with its roots in conversation and seduction, Cohen says. He has recently started hosting "professional" get-togethers on Saturday nights.

Unlike swinging clubs that allow sex anywhere on-site, Cohen is restricting what those in the industry euphemistically call "play" to his partially renovated second-floor, above the dance floor and bar area. The separation encourages the return of flirtation to the lifestyle, he says.

"Couples meet each other, they sit here, they socialize, they dance, and if they want to play, it's upstairs," he says.

Cohen is tapping into a growing sentiment amongst older swingers, says Edward Fernandes. A psychology professor at North Carolina's Barton College and longtime academic of swinging culture, Fernandes said that in the last five years, the scene has undergone a shift, brought on by the inclusion of younger members.

Thirty years ago, the average swinger was middle-aged, but today the possibility of having non-monogamous relationships is striking some at a much earlier age, Fernandes said. As a result, people in their early 20s are flocking to swingers' and sex clubs.

TORSTAR NEWS SERVICE

Jack Cohen, owner of Jay Jay's Inn, is seen at his Etobicoke, Ont., establishment, which recently started hosting Saturday night swingers' parties. RICK MADONIK/TORSTAR NEWS SERVICE

Harper. More air travel links between Canada, Mexico to be unveiled

Prime Minister Stephen Harper landed in Mexico City Monday with a plan that could pave the way for getting rid of his host's biggest complaint about Canada — the onerous visa on Mexican travellers.

Trade Minister Ed Fast, who is also in Mexico with the prime minister, has been authorized by the federal cabinet to sign an expanded airline access agreement with Mexico, The Canadian Press has learned.

That agreement would allow Mexican airlines greater access to more cities, and Canadians more direct flights to Mexico.

The expanded air access would likely be a precursor to the Conservative government eventually lifting the controversial visa it slapped on Mexican travellers in 2009 to combat an increase of bogus asylum seekers. Harper isn't expected to announce a lifting of the visa this week, but the two countries are hopeful the issue can be ironed out in the coming months.

A document dated earlier this month from the Privy Council Office, the bureaucratic arm of Harper's office, authorizes Fast "to sign, on behalf of the Government of Canada, subject to ratification, the agreement between the Government of Canada and the Government of the United Mexican States on air transport." THE CANADIAN PRESS

Feather in his cap

Stephen Harper is "going to get to brag about the Mexicans thanking him for lifting the visa" before the week is out.

Carlo Dade, director of the Centre for Trade and Investment Policy at the Canada West Foundation

Rail industry on track to study risk of carrying oil

A BNSF Railway train hauls crude oil near Wolf Point, Mont. At least 10 times since 2008, freight trains hauling oil across North America have derailed and spilled significant quantities of crude, with most of the accidents touching off fires or catastrophic explosions. The derailments released almost three million gallons of oil, nearly twice as much as the largest pipeline spill in the U.S. since at least 1986. And the deadliest wreck killed 47 people in the town of Lac-Mégantic, Que.. Now, the railroad industry, at the urging of the Obama administration and safety officials in the U.S. and Canada, is considering a closer look at the risks posed by trains that now carry hazardous liquids through every region of the U.S. MATTHEW BROW/THE ASSOCIATED PRESS FILE

Eastern Africa

Giant $23.7M solar field being built in Rwanda

A Dutch company said Monday it has begun construction of a solar field in Rwanda in what it said would be the first such large-scale project in eastern Africa. Gigawatt Global Coopereratief said it had closed the $23.7 million US financing for the project and that construction began last week. THE ASSOCIATED PRESS

Public hearings

All aboard for high-speed trains in New York state?

New York transportation officials are setting up public hearings to discuss options for an idea that has been kicked around for years but has yet to leave the station: high-speed passenger rail service. Boosting the speeds of trains travelling between New York City and Niagara Falls has been a goal for two decades. THE ASSOCIATED PRESS

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All work, no play? Not at this office

No dull boys and girls here. Video game company gets happiness co-ordinator in bid to lure and keep top talent

MIKE DONACHIE
Metro in London, Ont.

Be happy: it's a work day.

It may be an odd idea to some people, but the staff at Big Viking Games in downtown London, Ont., are encouraged to be happy.

They get free meals, activities, special coffees and general fun and, now, there's even someone in charge of it: a happiness coordinator.

Last week, with help from the City of London's Hire One campaign the video games company's office in southwestern Ontario added Jacqueline Malison to its staff. It's her job to make everyone happy and, with 50 staff to smile for, it's a big task.

Smile! Jacqueline Malison, the new happiness co-ordinator at Big Viking Games in London, Ont. CONTRIBUTED

"One of our primary values here at Big Viking is to create fun at work and have happy employees," said company co-founder Greg Thomson.

"We recognize that, in order to attract people to London and have talented employees, we need a work environment that's fun."

So there are afternoon snacks, free breakfast and lunch and specialty coffees in the mornings. The fridge is stacked with pop and the laughs keep coming.

To celebrate the spirit of athletes in Sochi, Big Viking staff staged their own office Olympics last week. Events included a ring toss, wheelbarrow race and a brain freeze challenge, racing to drink slush made with the office's own slush machine.

And the happiness coordinator is there to, well, co-ordinate all that happiness. She organizes events and comes up with ideas.

The Big Viking mission statement includes the phrase "create fans," said Thomson.

"That means two things to us," he explained. "We do want fans of the games but we really want people to be fans of the company."

Over at the London Economic Development Corporation, interim general manager Kapil Lakhotia is glad to see companies like Big Viking growing.

"Big Viking Games is a valuable addition to our growing cluster of digital interactive game development companies in London," said Lakhotia.

So he's happy, too. Let's give the credit to the happiness coordinator.

Conquering biz world

Based at the corner of Wellington and King streets in downtown London, Ont., Big Viking Games was founded in 2011, when it had four people.

- It now has about 50 staff in London and Toronto, developing free-to-play social and mobile games that are online, on Facebook and on mobile devices. They include Tiny Kingdoms, Dark Heroes and Fish World.

A savings game plan you can bank on

YLVA
VAN BUUREN
For Metro

If you follow a game plan each year, it may make it easier to save money for the future. The first step is to get your finances organized. ANDREY_POPOV/SHUTTERSTOCK

Not completely satisfied with your RRSP contribution this year?

Here is an annual game plan for saving for retirement that can help you do a little better next year.

There are many things you can do at different points throughout the year.

1 First things first — you have to get your finances organized, says financial adviser Aaron Keogh, president of the Windsor chapter of Advocis, The Financial Advisors Association of Canada. Early in the year, create and start following a budget. "A budget is designed to help you decide where you wish to allocate your money. How much do you need to spend on fixed living expenses? How much do you want to spend on discretionary expenses? Is this really a proper usage of your resources." Keogh suggests using a budget tracker — there are numerous options available on the market.

2 Once your taxes for 2013 are done, review registered investments. What is your RRSP contribution room limit, and should you utilize RRSPs and the tax-free savings account (TFSA) in 2014 to put yourself into a better position going forward? Keogh suggests setting up automatic contributions (on a weekly or monthly basis) into TFSAs, RRSPs, or both.

3 Review non-registered investments. You may be able to improve your tax situation by shifting non-registered savings accounts, stocks or mutual funds into TFSAs, Keogh said. For example, if you have a savings account with three months of funds for a rainy day, it might make sense to move some of that money into a TFSA where it can grow tax-free if you have available room. "When January rolls around, you can shift funds from non-registered investments or TFSAs into RRSPs in order to save on taxes for 2014."

4 Stay on budget during the summer. Schedule time once a week to review your budget and what you have spent.

5 Head into the winter holidays with a budget in mind, too.

6 As December comes to a close, "keep top of mind your goal, which is maximizing your tax savings and retirement savings," Keogh said. In the new year, you will still have 60 days to make an RRSP contribution that can go towards the previous tax year.

A cash flow analysis will help determine where you spend your money and how you can reduce expenses. GPOINTSTUDIO/SHUTTERSTOCK

Make it a priority to pay yourself first

Whose cash flow isn't tight these days, which is all the more reason to pay yourself first when it comes to savings, says Christopher Dewdney, a Toronto financial adviser and member of Advocis, The Financial Advisors Association of Canada.

"The whole purpose of the RRSP is not only the tax savings but, eventually, it's going to be income during retirement."

Here are some savings strategies.

- Change spending habits. Do a cash flow analysis so you know exactly what you are spending your money on and look for opportunities where you can reduce expenses. Start small, Dewdney said, be reasonable, and remember that every dollar counts.
- Stop the needless charges. If you use ATM machines from other banks, for example, charges are often doubled.
- Consolidate debt. If you have multiple payments (credit cards, loans, car loan, etc.), get a debt consolidation loan to reduce interest expense and free up cash.
- Save automatically. Set up automatic — weekly or monthly — deposits into your RRSP. You will get used to it quickly and once you see savings accumulate, it will be motivating, Dewdney said. "Also, you benefit because you're not trying to time the market. Historically, your average costs are better."
- Say yes to a group RRSP or pension plan. If your employer offers a company plan, take full advantage of it, especially if a percentage or amount will be matched. "If the employer is matching, say four per cent, you make a 100 per cent return of four per cent," Dewdney said.
- Catch-up loan. An RRSP loan is ideal for people with a good cash flow but not enough savings to make a lump-sum contribution, said Anthony Williams, vice-president of Academic Affairs, The Canadian Institute of Financial Planning. Many financial institutions can structure an RRSP loan so the first payment is deferred to May or June when you receive your refund.

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ESTHETICS OVER ATHLETICS

SHE SAYS

Jessica Napier
metronews.ca

I've noticed an interesting new trend among my extended social circle of Instagram acquaintances and Facebook "friends."

Alongside all the birth announcements and engagement photos, there seems to be an increasing number of women in their 20s and 30s participating in fitness figure competitions.

It's hard to ignore the myriad of progress photographs populating my newsfeed. Women are chronicling their transition from thin, healthy-looking individuals into sculptured hard bodies and uploading a gratuitous amount of full-body shots to bait friends and family into commenting on their changing physique.

Bodybuilding is big business and the amateur industry is growing at a tremendous rate.

The International Natural Bodybuilding Federation hosts over 50 figure-based competitions across North America every year, attracting thousands of men and women to the stage.

For the female competitions, judging is based on a variety of factors including muscle tone, leanness, overall symmetry, facial beauty (makeup, hair, etc.), stage presence, poise and elegance.

Women are required to wear a two-piece swimsuit (solid colour, no patterns, sparkles and sequins encouraged) and high-heeled shoes. There is also an unwritten rule about applying an obscene amount of tanning lotion.

Built and bronzed competitors strut across the stage to show off their musculature through a series of mandatory poses. According to the INBF website, judges are looking for a "toned, conditioned physique with no visible cellulite or fat."

Aren't we all!

But in all seriousness, many of the factors on which these participants are evaluated don't exactly correlate to athletic values, but seem to align a bit more with traditional pageant ideals.

Poise, elegance and facial beauty aren't skills you work on at the gym; and yet you can't deny the work it takes to get on that stage.

Attaining a fitness model figure requires an incredible amount of discipline and strength.

Competitors must adhere to an extremely restricted diet and spend months working through an intense physical training program. In the days leading up to these competitions, women will cut back to 800-calorie-a-day diets, exercise for four hours or more a day and dehydrate themselves in an attempt to make their muscles pop.

Bodybuilding is an endurance sport that takes an incredible amount of mental and physical determination, but I have to wonder what the point of all of it is.

Even if the end goal is to look fit, the emphasis is still on appearance rather than performance-based goals. It seems bizarre to me that competitors spend so much time building their bodies in order to show off how they look rather than what they can do. Why flex instead or lift, or pose instead of press?

Why would a strong woman work so hard for so long only to show up on the day of the competition, slip into a rhinestone bikini and hope the judges decide she's the best-looking gal on stage?

ZOOM

Hey kids, dying for your country is fun!

ALL PHOTOS JOHANNES SIMON/GETTY IMAGES

German army piques interest with youth 'adventure camps'

Youths prepare for hiking in the Bavarian Alps with members of the alpine combat units of the German armed forces, or Bundeswehr, during the Bundeswehr's Adventure Camp Monday.

GETTY IMAGES

Budding Bundeswehr recruits?

Approximately 30 youths took part in the annual, four-day event that gave them an opportunity to get a glimpse into Bundeswehr life and to encourage them to pursue a professional career in the Bundeswehr.

The program has attracted flak from critics who say the army should keep its recruitment tactics targeted only towards adults.

Clickbait

IRENE KUAN
Metro Online

Higher education can be time-consuming and expensive, but imagine being able to study a Harvard University-offered course online for free. This is where Massive Online Open Courses (MOOCs) come in handy, without the commute, or hefty tuition. Here are three MOOC sites that offer free online learning.

Coursera: Coursera is a social entrepreneurship company operated in partnership with Stanford University. It works with other schools to make their courses free online. Students can choose to study a variety of subjects, from humanities to physics. Certificate programs are also available but this is where it will cost you. In Dec. 2013, Coursera introduced an iPhone app for their educational tool.

EdX: EdX offers online courses specifically for interactive study. It was founded by MIT and Harvard University in May 2012, offering university-level courses in a variety of disciplines, and currently has 1.6M users enrolled, with over 29 schools offering courses through the site. EdX also collects users' clicks and analyzes the data to learn about the demographic of each registrant.

Udacity: Udacity looks to help users advance their careers through project-based online classes. The educational organization was first branched out from the free computer science courses offered through Stanford University in 2011, but has since expanded to eight full courses and 25 free coursewares.

Comments

RE: Lululemon Bans Customers for Reselling Yoga Pants? Published online Feb. 13, 2014

Just another corporate cult getting too full of themselves because of the success they've enjoyed. I can relate to protecting ones brand, but do you see ANY other manufacturer from VW to Apple telling their purchasers that they'll be banned if they try to sell their own goods? Frankly its obnoxious. They've drank too much of their own Kool-Aid.
Stuart Rudolph, posted to metronews.ca

WE WANT TO HEAR FROM YOU:
Send us your comments: saskatoonletters@metronews.ca

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DVD review

On the Job

Director. Erik Matti

Stars. Piolo Pascual, Gerald Anderson, Joel Torre

Idealism dies hard in this Filipino crime thriller, which premiered at Cannes 2013 and which makes up in characters and action what it lacks in narrative innovation. Director Erik Matti and his crew put together a Hollywood-beckoning drama that favourably recalls the bone-deep corruption and generational mentoring of A Prophet or Donnie Brasco or any number of similar genre films. "No one's clean in this line of work," a character observes, and the remark could apply to toilers on both sides of the law who are busily eliminating opposition to their illicit activities. The proverbial one good cop caught in the crossfire (Piolo Pascual) has tangled family connections that are giving him grief. Where Matti excels is in action scenes, including a subway chase that recalls a similar one in The French Connection. Extras include deleted scenes and a making-of featurette. **PETER HOWELL**

Amazing Alice: Not just another Holocaust story

The Lady in Number 6: Music Saved My Life.
Oldest living pianist and Holocaust survivor is star of Malcolm Clarke's documentary

Alice Herz-Sommer, a Holocaust survivor who's the subject of the Oscar-nominated documentary The Lady in Number 6: Music Saved My Life, which was made by a Canadian crew. KIERAN CRILLY /THE CANADIAN PRESS

Director Malcolm Clarke is keeping a level head about his Oscar nomination for the inspiring documentary The Lady in Number 6: Music Saved My Life. "I try not to think about it," he says cheerfully in an interview, although he stresses he's honoured by the nod.

But does he have any superstitions or rituals he's following in advance of the March 2 ceremony in Los Angeles? He says no, he's not superstitious. Except .... "Someone said to me yesterday, 'Have you written your speech?' The last thing I would do is write a speech. I think it would jinx it."

Clarke already has one of the coveted golden statues, winning the best documentary short category in 1989 for You Don't Have to Die, about a child battling cancer who inspired other youngsters with the disease. When he accepted that Oscar, he thanked the Academy for continuing to honour documentaries at a time when there was a push to exclude them from the awards.

The Lady in Number 6 tells the story of 110-year-old Alice Herz-Sommer, described as the world's oldest living pianist and the oldest survivor of the Holocaust. It's impossible not to be captivated by the bright-eyed, joyful woman whose frail hands still manage to tickle soul-touching music out of the piano in her London apartment. Her sunny outlook along with the music, she says, helped her survive her darkest moments.

"Music saved my life and music saves me still," she says in the film. It's a philosophy that was crystal clear during the two weeks the film crew spent talking to Herz-Sommer in her tiny apartment.

"She says in the film there's beauty even in the bad things in life, you just have to know where to look for it," said executive producer Frederic Bohbot, founder of Montreal's Bunbury Films. Clarke, who is British but has lived in Montreal since the mid-1990s, was initially reluctant to make the film on Herz-Sommer because he'd already made a film on the Holocaust.

"I had had enough of dealing with Holocaust material," said the director. "When you sit with that material for any length of time, it can get to you. It wears on you psychologically." Clarke was nominated for an Oscar in 2003 for Prisoner of Paradise, which chronicled Kurt Gerron, a German-Jewish performer who was interned in the Theresienstadt concentration camp in what is now the Czech Republic and forced to make a now-infamous propaganda film for the Nazis.

But a meeting with Herz-Sommer, who was interned with her young son at Theresienstadt, a feeder camp for the Auschwitz death camp, changed his mind.

"I only sat with her for an hour, an hour and a half and at the end of that meeting, I realized that . . . we should do it because she was so remarkable and her story was much bigger than just being a Holocaust story. "I don't think of this film as a Holocaust film at all. It's certainly important in Alice's life. It forged who she became afterwards (but) it's a film about much more than that."

At the risk of being "high-falutin," he says The Lady in Number 6 is about the indomitability of the human spirit.

THE CANADIAN PRESS

Quoted

"She (Alice Herz-Sommer) says in the film there's beauty even in the bad things in life, you just have to know where to look for it."

Frederic Bohbot, Executive producer of The Lady in Number 6: Music Saved My Life

Wild Cub find maturity in Youth

Nashville bound. Why Keegan DeWitt left the indie-pop mecca of Brooklyn for the South

ALEXANDRA CAVALLO
Metro World News

Keegan DeWitt, left, hooked up with a multi-instrumentalist to form Wild Cub when he moved to Nashville. ALLISTER ANN

Most people looking to get a band off the ground move to Brooklyn. Keegan DeWitt got the hell out.

The Wild Cub front man had spent the better part of eight years living in New York, working as a composer for commercials and film soundtracks — and successfully, at that. (Inocente, an Oscar-winning short documentary, for which he composed the score, was nominated for an Academy Award in 2013.) Still, he struggled to make ends meet.

"I spent a lot of my time learning how to bankroll living in New York, which is just such a big waste of effort," he says.

"I feel like I got a lot out my time there, and New York is such a fundamental part of who I am now, and it shaped me as a person a lot, but at some point, I was like, 'I'm succeeding halfway at my artistic career, and I'm only putting 50 per cent of my effort into my day job, and not being very good at that. Maybe I should go to Nashville, where I can put 100 per cent toward pursuing my art.'"

So he did. Brooklyn might be the unofficial indie music capital of the U.S., but it's also saturated with fairly interchangeable young bands struggling to establish themselves.

That's one thing that drew DeWitt away from Brooklyn and towards Nashville.

"The music business is changing, and that's one of the places that it's maybe changing in a good way," he says.

"In Nashville, there's a strong burden of proof, in terms of having to write songs that have content to them. There are such long lines of songwriters that come from there that really write songs, legit songs. If there's anything that modern music is missing, at the moment, especially hip indie music, it's actual songs. So that's one cool thing. You're getting people that are really experimenting with new ways of making music but at the same time understand what it means to tell a narrative using the structure of the song."

Plus, the cost of living down South is just cheaper. "I kept looking around in Brooklyn going, how in the f— are you guys paying for this?" he laughs. "Are we all on trust funds, because I know I'm not. How are you doing this? Just hanging out and being in a band?"

These days, just hanging out and being in a band is pretty much DeWitt's main occupation. In Nashville, he hooked up with multi-instrumentalist Jeremy Bullock to form Wild Cub, a fuzzed-out, synth-pop quintet whose debut album, Youth, dropped earlier this year.

Wild Cub might not yet be a household name, but most people are likely familiar with their single Thunder Clatter, an ode to DeWitt's wife (whom he married right around the same time he started writing Youth) buoyed by uptempo percussion and balmy beats.

Learning to play well with others hasn't been an entirely seamless transition for DeWitt.

"I think one thing is true that, as the person who has to sing it every night, it's difficult to connect with things that you haven't written the entirety of," he says. "It's like in a play, you can do a certain amount of preparation as an actor, but things really start to take on a dynamic when you interact with somebody else. That's where the drama takes place, and I like to think that some of that is true in terms of me having to collaborate with band members."

That said, DeWitt isn't interested in stealing the show. "I think in general, every year that I get older, the less I desire to be the main person that everyone is looking at. I try and think of it more as a literal thing, like it's my job to be just one more piece of what's happening on stage, in terms of how we're telling the story to people, and the urgency or drama or physicality that I bring to it is all in service of helping people connect with the songs in a more immediate way."

At 31, DeWitt has developed a fairly mature perspective on life. But he stresses that Youth isn't about any kind of nostalgia for where he's been, or what he could have done.

"You look around, and you just start to see all the people around you being shaped by a very simple thing — either them getting exactly what they wanted, or them not getting what they thought they deserved or wanted in life," he explains. "I was afraid that, through the refinement of growing up, you learn to either close yourself or open up, and that I was going to miss the one thing that I was desiring in my life, which was to meet someone to pair my life with. That I was going to shut myself off because of all the disappointments of growing up and getting older, and miss the one thing that I actually wanted. But there's a lot more a celebration (in the album) of 'Wow, somehow I navigated that, and here is this person.'"

Take note, Brooklyn hipsters

"In Nashville, there's a strong burden of proof, in terms of having to write songs that have content to them."

Wild Cub frontman Keegan DeWitt

Keegan DeWitt COURTESY BRIAN DOBEN

Solitary vs. collab

Shifting from the solitary job of composing soundtracks to collaborating with bandmates can't be the easiest transition, but DeWitt says it's been an exciting change of pace.

- "The nice thing about composing is that you can use restraint. You can just hit a single note and it can have a huge ripple effect if it's paired with the right thing, timing-wise," he says.
- "With a band you can also do something else. It's like at any moment that's been really big in your life, there's never been just one single emotion that comes. It's not one-dimensional, it's a multitude of things. You're happy, but you're also terrified, but you also feel invincible, but also crippled by the pressure of whether or not you can do something. A band gives you the ability to tackle a lot more nuanced emotions... You can dig at that more complex stuff."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

One song wasn't enough to cover Taylor's too-Swift fall for Gyllenhaal

The lyrics to some of the songs on Taylor Swift's last album suggested that her relationship with Jake Gyllenhaal didn't end too well, but apparently we had no idea. A source tells Radar Online that the entire album was inspired by the fallout from their split, with the song The Moment I Knew chronicling Swift's disastrous 21st birthday party, at which Gyllenhaal was reportedly a no-show. "Taylor thought maybe he was planning some sort of surprise. Nope. He didn't show up and she locked herself in the bathroom and cried the entire night," the source says. "Her breakup with Jake inspired every word of (the album) Red." So why did this brief romance reportedly hurt more than the others that Swift used as fodder for hit songs?

According to the source, Swift had been "saving herself for marriage" but decided to scuttle that plan after three months of dating Gyllenhaal.

"She thought she was going to marry Jake, that's how in love she was with him."

John Krasinski and Emily Blunt ALL PHOTOS GETTY IMAGES

A baby bundle for arguably the most adorable pair in Hollywood

Emily Blunt and husband John Krasinski are officially parents, welcoming a baby girl Sunday in Los Angeles, the proud papa announced via Twitter. "Wanted to let the news out directly. Emily and I are so incredibly happy to welcome our daughter Hazel into the world today," the former Office star wrote. It's the first child for Blunt and Krasinski, who were married three and a half years ago in Italy.

Bossypants from the block: Perez writes that Lopez has been a diva from day one

Rosie Perez reveals in her new memoir, Handbook for an Unpredictable Life, that she and Jennifer Lopez aren't on the best of terms — and it's been that way for a long, long time. Perez first encountered Lopez when the Jenny from the Block singer auditioned to be a Fly Girl dancer on In Living Color, where Perez was the choreographer. Perez says she fought to get Lopez on the squad — despite show boss Keenan Ivory Wayans complaining that she was "chubby and corny" — only to regret it when Lopez displayed early signs of diva-dom. "All of the girls were coming into my office complaining how she was manipulating wardrobe, makeup and me, all to her advantage," Perez writes, adding that when confronted, Lopez went off on her like "some ghetto biatch, screaming and pounding her chest."

Jennifer Lopez

J.K. Rowling

New bone-chiller to be released by Potter penwoman's alter-author

J.K. Rowling is back with a novel involving a writer whose acid-tipped pen may have led to murder.

Publisher Little, Brown said Monday that it is publishing a second book by Robert Galbraith, the Harry Potter author's thriller-writing pseudonym.

The Silkworm sees the return of detective Cormoran Strike, the ex-soldier hero introduced in The Cuckoo's Calling. In the new book, Strike investigates the disappearance of a novelist who has written a book that features scathing descriptions of real people.

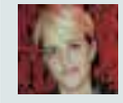
The Cuckoo's Calling initially attracted little notice when it was published last year, but rocketed up the charts once Rowling was exposed as its author. A lawyer has been fined for letting slip the writer's identity.

The Silkworm will be published June 19 in Britain and June 24 in the U.S.

THE ASSOCIATED PRESS

Twitter

@PamGrier
Jamaican Bobsledders, you go! You inspire! Have serious fun.



@samantharonson
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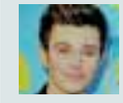


@chriscolfer
I hiked 16 miles today. Not because I'm fit, but because hikers give horrible directions.

Want to be happier? Invert, breathe, repeat

Mood changers. Here are three simple ways to turn that frown upside down and take control of how you feel

GABBY BERNSTEIN
Metro World News in New York City

Paying attention to how you breathe will help to shift your mood. ISTOCK

In the midst of busy schedules and managing to-do lists, happiness can become an afterthought and a bad mood can come on quickly. Maybe you didn't get enough sleep, or maybe your boss is driving you nuts. Whatever the case, it's important to know that there is a way out. You have the power to shift your focus and reorganize your energy to change your mood in any given moment. Follow these three steps and empower yourself with tools to get happier quickly.

Don't try to change the world around you, just change the way you see it.
All of the experiences that you have are a direct reflection of your internal beliefs. By cleaning up those beliefs you can clean up your life.

Take an inventory of the ways that you project negativity into your life. Whatever you focus on grows. Therefore, it's time to shift your focus.

Choose one area of your life where you're the unhappiest. Then for the next 40 days, commit to focusing on the good stuff. Change your thoughts, words and actions. Be diligent about this practice and you'll quickly begin to experience miraculous shifts in this area.

Turn your mood upside down.
One of the best ways to get your happy on is with a simple inversion. Turn your negativity upside down with an inversion for one minute (or more) a day.

Move into a shoulder stand: Lie on your back, and press your legs straight up overhead. Exhale and bend from the hip joints to slowly lower your toes to the floor behind your head. Keep your torso perpendicular to the floor and your legs fully extended. Lightly drop your toes to the floor and lift your thighs and tailbone toward the ceiling. Draw your chin away from the breastbone and soften your throat.

To enhance the posture, you can press your hands against the back torso and press your back up toward the ceiling. You can use your hands for support or you can release them away from your back and stretch the arms out behind you on the floor.

To exit the pose, drop your hands onto your back again and raise your legs into a shoulder stand and exhale your way down to the ground.

This simple practice can turn your bad mood, stress or foggy mind upside down and recharge your energy.

Most importantly, inversions will lift your spirit and relieve depression. When you increase your circulation and send oxygen to the brain, you release neurotransmitters and endorphins while balancing your hormones. This will make you happier!

Change your breath pattern.
The moment we change our breath pattern we change our energy, thereby changing our experience. Whenever you notice yourself about to relapse into negative behaviour, take a long, deep breath. Your calm and centered energy will support you in positive behaviour.

Whenever you notice your mood's gotten the best of you, practice one of these tools and find your way out. You have far more power than you think. Take your happiness into your own hands and start consciously changing your mood today.

For your phone

Jabra Sport Wireless+ (iPhone/Android) 4 Stars/ $99.95

MIND THE APP
Kris Abel
@RealKrisAbel
life@metronews.ca

Adjust the shape of these wireless earbuds and you can comfortably lock them to your ears for tangle-free exercising.

They include an FM radio, can answer phone calls, and although not fitness trackers themselves, can connect to apps that are.

Half-Off

Elisha's plan to lose 10 pounds in six weeks hit some snags, and she actually ended up gaining weight ... but is the setback going to keep her from reaching her goal? Visit metronews.ca/voices/half-off to find out.

Tea is spelled s-e-r-e-n-i-t-y

BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

In the latest issue of Best Health, Canada's healthy lifestyle magazine for women, we put together a list of some teas that can help soothe what ails you.

Here are a few:

Camomile tea
Camomile isn't just for helping you relax. Several of its chemical compounds, especially bisabolol, act as antispasmodics. They relax the smooth muscles that line the digestive tract and uterus, easing after-meal stomach discomfort and soothe menstrual cramps.

Chaga tea
The chaga mushroom, a fungus that grows on birch trees, is believed to be an anti-inflammatory, antibacterial and high in antioxidants. It may even protect against cancer. A 2004 study published in the journal BioFactors found that chaga mushroom extract offers cellular protection against DNA damage.

Dandelion root
As a bitter herb, dandelion root stimulates gastrointestinal function, and is traditionally used for indigestion and mild constipation. It is also a popular caffeine-free alternative to coffee, and a pleasant way to stimulate digestion before or after a heavy meal.

Lemon balm tea
Lemon balm's mild mood-enhancing, sedative effects are commonly used to treat issues such as sleep disorders, restlessness, anxiety and depression. It may dull alertness, however, so avoid it when you're doing activities for which you need to be sharp, such as driving.

Raspberry leaf tea
Raspberry leaves contain fragrine, a substance that helps ease menstrual cramping. It can also lighten excessive bleeding. But if you have a hormone-sensitive health issue, or are pregnant or breastfeeding, talk to your health-care practitioner about whether it's safe for you. BEST HEALTH IS ON NEWSSTANDS, OR YOU CAN SUBSCRIBE AT BESTHEALTHMAG.CA. WE ALSO HAVE AN AWARD-WINNING IPAD EDITION.

You don't spend it all in one place, so just where does your money go?

Go figure. Knowing what you're paying out each month will put you in control

GAIL VAZ-OXLADE
Gail blogs daily at gailvazoxlade.com

Do you know what you're spending every month? Guess what Statistics Canada says the average Canadian spends a month. Go ahead, guess. No, I'm not going to tell you yet. I want you to figure out what you're spending first, and then I'll give you the averages.

Don't even know where to start? Grab your last month's bank statement(s), credit card statement(s), and line of credit statement(s). Now, break every transaction into one of the following categories:

- Shelter (mortgage, rent, hydro, heat, taxes, maintenance)
- Services (cable, telephone, security, home cleaning, cell, Internet, childcare, health, pets)
- Food (everything you put in your mouth and swallow, including restaurants)
- Shopping (any STUFF you bought for yourself and anyone else — everything!)
- Transportation (car payment, gas, repairs, highway tolls, taxis, bus, train)
- Entertainment (movies, books, magazines, hobbies, gym, club, sports)
- Bank fees (service charges, ATM fees, NSF fees — don't include interest)
- Interest costs (from everywhere)
- Debt repayment (don't worry about splitting out interest and principal, just total all your debt repayment amounts)
- Savings

If you're the average Canadian, according to the Stats man, you're spending (based on 2011 figures) about $1,611 a month to keep a roof over your head, $650 on food, $280 a month on clothes, $936 on transportation (jeez, really?), and $309 on recreation. But those are averages and there's nothing average about YOU so you have to figure out your own numbers to even know where to start with your money management.

Don't want to be bothered spending the time figuring out where your money is going? Then you shouldn't be surprised when you keep on digging yourself into a debt hole. Only when you're ready to put some effort into making things right, will you end up creating a different result.

Most people spend without even thinking about it. When I suggest that you can find the money you need to save or pay down your debt, it isn't a matter of cutting back to the point where you're having no fun at all. But wouldn't it be interesting to see just where the money goes when you're really paying attention?

The average Canadian spends $650 a month on food. ISTOCK

As our disposable income comes under fire from constantly rising costs and our wants are forced to give way to our needs, it's important we know where every penny is going. The average debt load for households in Canada is up by more than 80 per cent since 1990. And while many of the world's economies and households are reducing their debt levels, in Canada ours continue to climb. Recklessly, we continue to spend money we haven't yet earned. And when our ability to earn hits a bump in the road, if we don't have our expenses under control, the smash-up will be bloody horrible.

If you believe there will always be more money, it's time to wake up and smell the coffee: In January 2012, wages lagged inflation by 0.3 per cent following a six-month period when wages lagged inflation by more than one per cent. So we are falling more and more behind.

You can whine about the economy, bitch about your employment options, worry about money, or you can DO something. That doing means figuring out exactly where your money has been going. Only then can you decide if your money is working the way you want it to. Only then can you take control and make your money work as hard for you as you do for it.

So, are you ready to take control of your money and your life?

WANT TO BE SMARTER ABOUT YOUR MONEY? GO TO MYMONEYMYCHOICES.COM AND FOLLOW THE ROADMAP TO SUCCESS.

METRO CUSTOM PUBLISHING

Tax Talk

Need Advice?
Caroline Battista
Tax Analyst at H&R Block

H&R BLOCK

Can't Wait To File?

Q When can I file my return?

A I wish everyone was so eager to file. The NETFILE system opened February 10 for electronic filing, so you can hit Send as soon as you are ready. Make sure you have all your T4s and other receipts before you file. If not, you will have to file more paperwork to do an adjustment or the CRA will notice and reassess your return. It may be tempting to file quickly to get your refund, but missing slips will lead to headaches later.

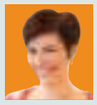
Q I haven't filed a tax return in five years. What is the best way to catch up?

A My advice is to take it one year at a time. And do it now before the CRA sends you a request to file. Start with the oldest year first and work your way forward. Don't get overwhelmed by doing all five years at once. Mail each year when it is ready. Mail is the only option for returns older than 2012. Call the CRA and request any T slips you are missing. Processing will take a little longer but you will receive benefits like the GST/HST retroactively if you qualify.

Visit *hrblock.ca* for a location near you

Health Solutions

A can away from healthy choices



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Hey Chickie! If you have yet to discovered the delicious benefits of chickpeas, we can't be friends.

A can costs a buck-20, feeds four, adds all kinds of tastes and brings bags full of benefits to the table.

• One study showed that a mere half a cup of beans or chickpeas can reduce peripheral artery disease. The arteries in the periphery of your body (legs and limbs) can clog up long before your heart does and are a good indication of your general circulation.

• Chickpeas are high in protein and have adequate carbs as well as fibre to keep you feeling full without animal protein. Just about every study says that the reduction of animal protein and leaning toward the bean-rich Mediterranean diet is the healthiest way to go.

• Chickpeas and other beans bring high phenolic content to combat the wear and tear on cells.

It isn't hard to open a can, drain and add to salad or soups to instantly boost the nutrients and taste.

Chickpeas are the main ingredient in hummus, and in kitchens around the world beans whole are added to stews or ground into high protein, gluten-free flour. What have you got to lose?

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Cheat your way to Chana

THERESA ALBERT
myfriendinfood.com

This recipe serves six. COURTESY THERESA ALBERT

There is no way I would disgrace the ancient art of Indian cooking and call this a true chana masala. The exquisite mixture of spices and slow simmering of chickpeas can't be beat, but this recipe takes 20 minutes, is low in fat, tasty as heck and a crowd-pleaser. A simple side of sautéed spinach and an extra bottle of beer is all you need to make this weeknight meal a true treat.

Ingredients

- 1 tbsp butter
- 1 onion
- 1 medium sweet potato
- 1 tbsp curry powder
- 1 tsp cardamom pod
- 1 can chickpeas
- 1 bottle beer
- 1/2 cup tomato sauce
- Pinch hot pepper flakes

1. Warm a large skillet or wok over medium high heat and add butter.

2. Slice onion and add, allow to brown.

3. Peel and chop sweet potatoes and add to onion.

4. Stir in curry powder and smash cardamom pods with the back of knife and add, stirring to coat. Add chickpeas and stir. Pour beer into skillet and stir in tomato sauce as well as hot pepper flakes.

5. Simmer, uncovered, to thicken and soften potatoes, 10 minutes. **THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS FOUND DAILY AT MYFRIENDINFOOD.COM**

FLASH FOOD

From your fridge to your table in 30 minutes or less

Virtue, Moir take silver in curtain call

Ice dance. Celebrated Canadian skaters close out Olympic careers by finishing second to American archrivals

Tessa Virtue and Scott Moir captured the silver medals in the ice dance on Monday in Sochi, Russia. MATTHEW STOCKMAN/GETTY IMAGES

Canadian ice dancers Tessa Virtue and Scott Moir skated their "best performance of the year" in Monday's Olympic free dance, but it wasn't quite enough to beat their archrivals from the United States.

The defending champions skated a flawless free dance but had to settle for the silver medal after being edged by Charlie White and Meryl Davis.

The Canadians finished with 190.99 points after collecting 114.66 in the free dance.

"This is the biggest stage in the world so, of course, it's stressful," said Virtue. "It's a pretty ambitious program, and it's a loaded program, and I think we did it pretty well.

"We felt immense pressure. We trained 17 years for this moment."

The pair has said Sochi is their final Olympics.

White and Davis finished first with 195.52 points, including 116.63 in the free dance, to become the first American champions ever in the event.

"It kind of all came together for us and we're so pleased to be here," said White. "We're kind of in disbelief."

Virtue, from London, Ont., and Moir, from Ilderton, Ont., trailed the Americans by 2.56 points after Sunday's short dance.

Moir said they were happy with their skate Monday.

"That was our best performance of the year for that program," he said. "That program was our baby and it's special for us to perform it for the last time."

"We handled ourselves in the best way possible."

Elena Ilinykh and Nikita Katsalapov of Russia took bronze with 183.48.

Kaitlyn Weaver and Andrew Poje of Waterloo, Ont., finished seventh with 169.11 while Alexandra Paul of Midhurst, Ont., and Mitchell Islam of Barrie, Ont., were 18th with 138.70.

THE CANADIAN PRESS

Quoted

"That program was our baby and it's special for us to perform it for the last time." Scott Moir

Dominating the field

Two-pair competition

Virtue and Moir — two-time world champions — train with Davis and White in Canton, Mich., and share a coach in Russian Marina Zoueva.

Between them, the two North American teams have captured every international ice dance title since Virtue and Moir won Olympic gold four years ago in Vancouver.

The results have swung in the Americans' favour over the last year, however, with Davis and White winning the 2013 world title and the Grand Prix Final in December.

Patrick Chan poses for a photo with the Stanley Cup in Sochi, Russia, on Monday. THE CANADIAN PRESS

Cup appearance at Olympics causes a stir

Canadian Olympians Mellisa Hollingsworth and Danielle Wotherspoon-Gregg were hanging out in the athletes village Monday when they heard the Stanley Cup would be at Canada Olympic House.

Hollingsworth, a skeleton racer, and Wotherspoon-Gregg, a long-track speedskater, figured why not go and take a picture with one of the most famous trophies in sports. Like many of the athletes who went to see the Cup, they'll never compete for it, yet it still holds a special meaning to them.

"It is a symbolism of sport and greatness for Canada, really," Hollingsworth said. "It doesn't matter if you're an athlete or what career path you're down. This is something that symbolizes Canada and our culture."

On Monday, while athletes from various sports were enjoying their hour with the Cup, its appearance at Canada Olympic House became a lightning rod for criticism.

"Why is the Stanley Cup at Canada House in Sochi?" former Canadian Olympic skier Brian Stemmle wrote on Twitter. "Other athletes don't bring their trophies. Hate when hockey tries to overshadow other sports."

The athletes at Canada Olympic House didn't seem to see it that way as figure skater Patrick Chan, speedskater Brittany Schussler, skeleton racer Eric Neilson and some of the Canadian curlers were among those to have their picture taken with the Cup.

But Stemmle's comments, which led to more criticism on social media, highlighted the debate over whether NHL players should be at the Olympics, and whether their presence takes away from athletes in other sports. THE CANADIAN PRESS

4 SPORTS

Canada to battle U.S. for the gold

Hockey. Women's super powers set to collide in Sochi final

Canada will play for Olympic women's hockey gold again although its road through the tournament was less dominant than at previous Winter Games.

A 3-1 win over a tenacious Switzerland and its indefatigable goaltender Florence Schelling in Monday's semifinal propelled the Canadians to their fifth Olympic final.

The Canadian women have won the last three gold medals after falling to the United States in the first Olympic women's hockey final in 1998.

The Canadians and the Americans meet for the title again Thursday and will play for the first time in the Bolshoy Ice Dome, where the men's games are.

"We're ready for this," six-time Olympian Hayley Wickenheiser said. "We have a lot of players who have been through this before and know exactly what has to be done.

"What do they say? Courage is just one step ahead of fear. You've got to play with courage and that's what it comes down to."

Reigning world champion U.S. downed Sweden 6-1 in the other semifinal.

THE CANADIAN PRESS

Canada's Natalie Spooner celebrates a goal against Switzerland during Monday's 3-1 victory. PETR DAVID JOSEK/THE ASSOCIATED PRESS

Hockey

USA Hockey tweets early bird anthem

The U.S. women's hockey team has come up with a clever way to attract fans back home to watch its games live — hashtagging the second line of the American national anthem.

The #DawnsEarlyLight hashtag is reminding fans in the United States to wake up early to watch their team. A USA Hockey staffer came up with the idea, playing off the lyrics: "By the dawn's early light."

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MEDALS

Through Monday's Events (60 of 98 medals)

Nation	G	S	B	Total
Russia	5	7	6	18
United States	5	4	9	18
Netherlands	5	5	7	17
Norway	5	3	7	15
Canada	**4**	**7**	**4**	**15**
Germany	8	3	2	13
Sweden	2	5	2	9
Switzerland	5	2	1	8
Austria	2	5	1	8
Belarus	5	0	1	6
China	3	2	1	6
France	2	0	4	6
Japan	1	3	2	6
Czech Republic	1	3	1	5
Slovenia	1	1	3	5
Italy	0	2	3	5
Poland	4	0	0	4
South Korea	1	1	1	3
Australia	0	2	1	3
Latvia	0	1	2	3
Britain	1	0	1	2
Finland	0	2	0	2

WHAT CANADA DID

MONDAY

BIATHLON

Women's 12.5-kilometre mass start — Megan Imrie, Falcon Lake, Man., 28th overall (38 minutes 59.0 seconds, with five missed targets — 3:33.4 behind winner).

BOBSLEIGH

Men's doubles — Justin Kripps (pilot), Summerland, B.C., and Bryan Barnett, Edmonton), sixth overall (three minutes 46.62 seconds after four runs - 1.23 seconds behind winner and 0.35 out of a bronze); Chris Spring, Calgary; Jesse Lumsden, Burlington, Ont.), seventh (3:46.79); Lyndon Rush, Humboldt, Sask.; Lascelles Brown, Calgary), ninth (3:46.88).

CURLING

Women — Canada (9-0) finished the round-robin with a 9-4 victory over South Korea and will meet Britain in Wednesday's semifinal.

FIGURE SKATING

Ice dance — Tessa Virtue, London, Ont., and Scott Moir, Ilderton, Ont., second in the free dance (114.66 points) and won the **silver medal** with 190.99 (4.53 points out of gold); Kaitlyn Weaver and Andrew Poje, both Waterloo, Ont., fifth in free (103.18) and seventh overall (169.11); Alexandra Paul and Mitchell Islam, both Barrie, Ont., 16 (82.79), 18th overall (138.70).

FREESTYLE SKIING

Men's aerials — Travis Gerrits, Milton, Ont., advanced to the second semifinal jump where he scored 111.95 points and failed to qualify for the final.

HOCKEY

Women — Canada won their semifinal 3-1 over Switzerland and will play the U.S. for the gold medal on Thursday.

SKI JUMPING

Men's Team (large hill) — Canada placed 12th overall in qualifying with 399.2 points (Trevor Morrice, Calgary, 94.3; Dusty Korek, Calgary, 102.6; Matthew Rowley, Red Deer, Alta., 94.7; Mackenzie Boyd-Clowes, Calgary, 107.6) — did not advance to the finals.

CURLING

All Times Eastern

MEN

Country	W	L
x-Sweden (Edin)	8	1
x-Canada (Jacobs)	**7**	**2**
x-China(Liu)	7	2
t-Norway (Ulsrud)	5	4
t-Britain (Murdoch)	5	4
Denmark (Stjerne)	4	5
Russia (Drozdov)	3	6
Switzerland (Michel)	3	6
United States (Shuster)	2	7
Germany (Jahr)	1	8

x — clinched semifinal berth
t — advance to tiebreaker

Monday's results
China 6 Britain 5
Denmark 5 Norway 3
Russia 8 Germany 7
Switzerland 6 United States 3

End of Round Robin

Tuesday's game — Tiebreaker
Norway vs. Britain, 12 a.m.

Wednesday's games — Semifinals
Sweden vs. Norway-Britain winner, 10 a.m.
Canada vs. China, 10 a.m.

WOMEN

Country	W	L
x-Canada (J.Jones)	**9**	**0**
x-Sweden (Sigfridsson)	7	2
x-Switzerland (Ott)	5	4
x-Britain (Muirhead)	5	4
Japan (Ogasawara)	4	5
China (Wang)	4	5
Denmark (Nielsen)	4	5
South Korea (Kim)	3	6
Russia (Sidorova)	3	6
United States (Brown)	1	8

x — clinched semifinal berth

Monday's results
Britain 9 Russia 6
Japan 8 China 5
South Korea 11 United States 2
Switzerland 10 China 6
Canada 9 South Korea 4
Denmark 8 Britain 7
Sweden 8 Japan 4

End of Round Robin

Tuesday's games — No Games Scheduled.
Wednesday's games — Semifinals
Canada vs. Britain, 5 a.m.
Sweden vs. Switzerland, 5 a.m.

HOCKEY

All Times Eastern

MEN'S PLAYOFFS

Tuesday's games

Qualification Round
Slovenia vs. Austria, 3 a.m.
Russia vs. Norway, 7:30 a.m.
Czech Republic vs. Slovakia, Noon
Switzerland vs. Latvia, Noon

Wednesday's games

Quarter-finals
Sweden vs. Slovenia-Austria winner, 3 a.m.
Finland vs. Russia-Norway winner, 7:30 a.m.
Canada vs. Switzerland-Latvia winner, 12 p.m.
U.S. vs. Czech Republic-Slovakia winner, 12 p.m

WOMEN'S PLAYOFFS

Monday's results

Semifinals
Canada 3 Switzerland 1
U.S. 6 Sweden 1

Sunday's results

Qualifications

(Fifth-Eighth places)
Finland 2 Germany 1
Russia 6 Japan 3

Tuesday's games

Seventh Place
Germany vs. Japan, 3 a.m.

Fifth Place
Finland vs. Russia, 7:30 a.m.

Thursday's games

Bronze Medal
Sweden vs. Switzerland, 7 a.m.

Gold Medal
Canada vs. U.S., 12 p.m.

It's not just a medal. It's a way of life.
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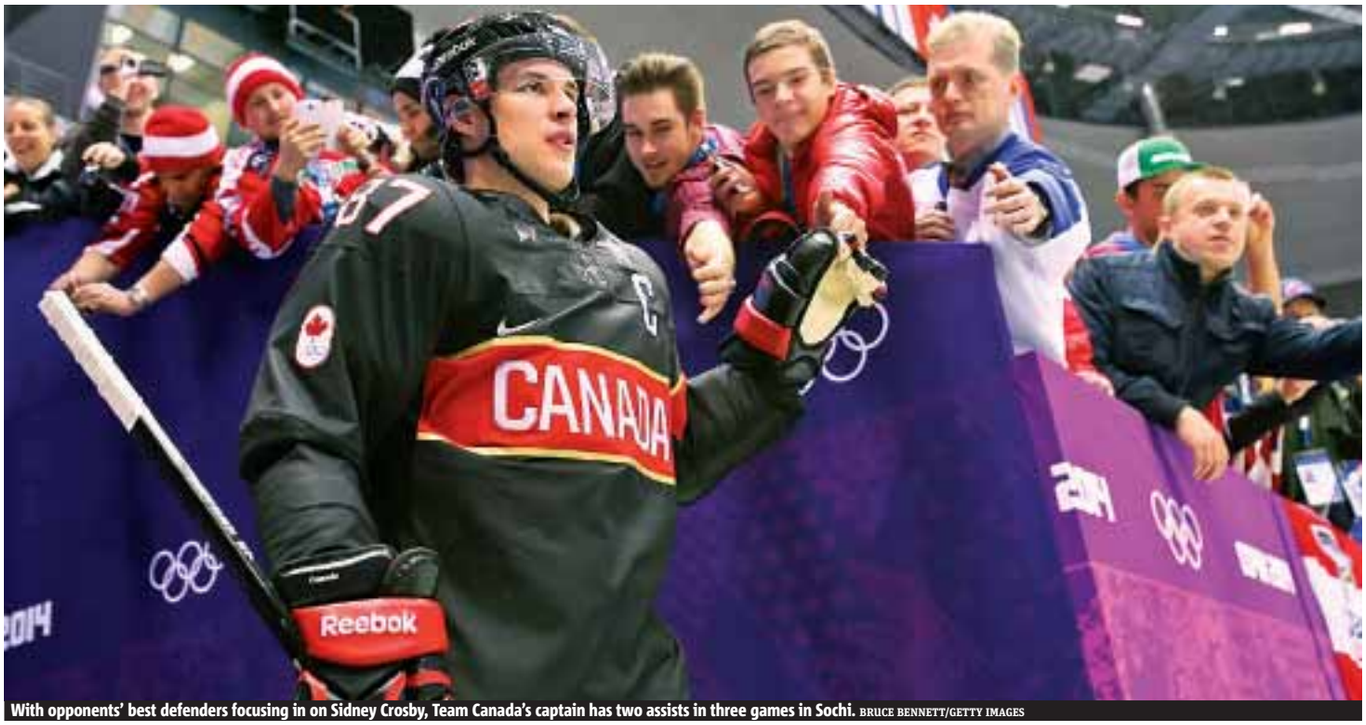


With opponents' best defenders focusing in on Sidney Crosby, Team Canada's captain has two assists in three games in Sochi. BRUCE BENNETT/GETTY IMAGES

Team Canada worried about sagging Sidney?

Nah. Crosby's Sochi contribution goes beyond the scoresheet, Toews, Babcock say

Ziga Jeglic and Janis Sprukts aren't Sidney Crosby, yet they're both outscoring the Team Canada captain in the Olympic hockey tournament.

Through three games, Crosby has no goals and two assists, a level of production that could be cause for concern. But that's only the case if Crosby's other contributions on the ice are ignored.

"He's playing against the best D-pairing and they're going all out trying to check him," centre Jonathan Toews said Monday. "Whether he's scoring every game or not, he's deflecting a lot of that attention, a lot of that pressure towards himself, and it creates a lot of room and a lot of breathing room and space for other guys to go out and create offence."

In other words, Canada shouldn't panic about Crosby.

Coach Mike Babcock, who said in August it was important to get Crosby going but that "he's just part of the team, too" understands the star centre's role on this team goes beyond just filling up the score sheet.

"Everyone evaluates Sid on scoring, and I evaluate Sid on winning," Babcock said Sunday night after beating Finland 2-1 in overtime. "That's what we came here for."

Through three games his team is undefeated going into Wednesday's quarter-final against Switzerland or Latvia, and Crosby has offered a balanced assessment of his performance. He and his bevy of linemates had more chances against Norway and Austria than against the more-talented Finns, but that was expected as the talent level increased.

"I think you always want more," Crosby said. "If you asked me that question a month ago, I'd have said, 'I'd like to create more.' It's the same way now. You always want to generate offence, create chances, and obviously put the puck in the net."

The last time Crosby put the puck in the net at the Olympics, he won Canada the gold medal.

THE CANADIAN PRESS

What we've learned so far

Serious stoppers

Say all you want about Canada's lack of offence, especially from some highly skilled forwards, but as well as Finland defended, the same thing happened on the other end. The big ice may be a challenge to get to the middle for players accustomed to NHL-sized rinks, but they have adjusted fine defensively. Coach Mike Babcock estimated his team gave up only five scoring chances against Finland while getting 18. That's a dominant effort

Price check

The one negative about Canada limiting Finland's scoring chances was that the final preliminary-round game didn't provide any more evidence about how Carey Price can handle Olympic pressure. Neither him nor Roberto Luongo got tested against Norway or Austria, and facing the team with the most goals in Sochi figured to mean something. Instead Price only had to make a handful of difficult saves, and there was not much Price could do on the one goal he allowed.

Drew da man

In scoring both of Canada's goals, including the overtime winner, defenceman Drew Doughty continued to be one of the stars of these Olympics. Doughty has four goals through three games, tied with U.S. forward Phil Kessel for second-most in the tournament. But it's how Doughty keeps scoring that matters. Doughty has taken the opportunity to activate deeper into the offensive zone and make plays.

Protest

Russian fans hope to 'make soap' out of Meier after perceived dirty call

After a heated U.S.-Russia hockey match at the Sochi Olympics on Saturday, many Russian spectators have decided the cold war is back — and not just on the ice.

Demonstrators gathered in Moscow on Monday to protest referee Brad Meier's call disallowing a Russian goal in the match that Russia ultimately lost.

The protesters, organized by the Kremlin party's youth group, donned Russian hockey jerseys and shouted, "Make soap out of the ref!" — a common expression among Russian soccer fans.

THE ASSOCIATED PRESS

Team Russia

'He's OK': Coach says Kovalchuk just resting

Ilya Kovalchuk was not on the ice for Russia's final practice before the qualification round, and his coach insisted the superstar forward is not injured.

"He's OK," Russian hockey coach Zinetula Bilyaletdinov said Monday. "Just a rest."

Kovalchuk missed the final minutes of the second period in Sunday's win over Slovakia after appearing to hurt his right ankle.

Bilyaletdinov said, "he's OK," when asked if Kovalchuk has an ankle injury.

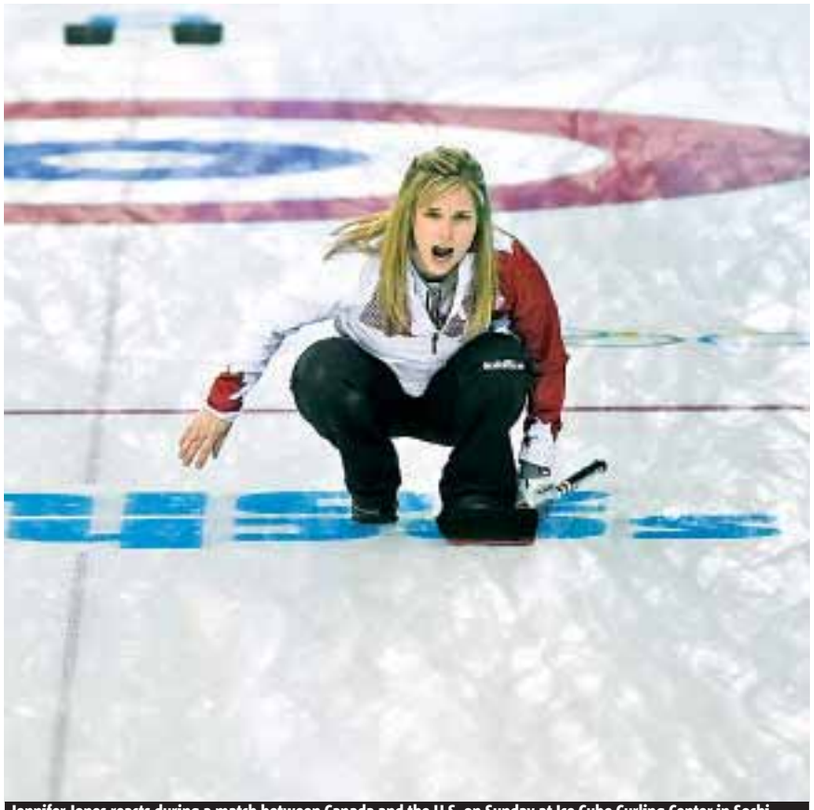
"He doesn't have problem," Bilyaletdinov said.

THE ASSOCIATED PRESS

Upset potential

"I think Swiss hockey is definitely going in the right direction, and it's been going that way for a while. We're a team that's going to be tough for anybody, but only if we play our style."

Switzerland goalie Jonas Hiller. The Swiss have allowed just one goal in three games in Sochi heading into their qualification-round meeting with Latvia on Tuesday. The winner faces Canada in the quarter-final.



Jennifer Jones reacts during a match between Canada and the U.S. on Sunday at Ice Cube Curling Center in Sochi.
LARS BARON/GETTY IMAGES

Undefeated Jones two wins away from Olympic gold

Women's curling. Skip to continue record-breaking hunt for first gold since '98 on Wednesday vs. Britain

Jennifer Jones' Olympic experience has been, well, perfect.

"It's been everything we expected and then some," the Winnipeg skip said. "It's blown my dreams out of the water.

"We've gone to events, we've had fun, we've soaked up the experience, we've met the other athletes, we've cheered on our other teammates. We've laughed, we've loved everything absolutely possible, done everything with the Olympics. I don't want it to end, we don't want it to end."

Jones, lead Dawn McEwen, second Jill Officer and third Kaitlyn Lawes have also won nine games in a row, making history in the process.

They dispatched South Korea 9-4 Monday to become the first women's team to go through an Olympic round-robin campaign undefeated.

"Just to be at the Olympics is amazing," said Jones. "And to go into the record books is pretty awesome.

"We'll take that one, but at the end of the day we want to be on the podium, so that's definitely the goal."

Canada's Kevin Martin, who did it four years ago in Vancouver, is the only other curler to go through the preliminary round undefeated.

"The job is certainly not done yet, but I'm super proud of our team for being able to do that in a field that we thought coming in was one of the toughest fields," said Officer.

Canada will face Britain (5-4) while Sweden (7-2) takes on Switzerland (5-4) in Wednesday's semifinals.

"Now you start fresh," said Jones. "And everyone's on an even record."

THE CANADIAN PRESS

Turning the tide

While Jones' curling trophy case is filled, she has had to wait a long time to experience the Olympics.

- She failed to secure an Olympic berth in both 2006 and 2010. Shannon Kleibrink won bronze in 2006 while Cheryl Bernard earned silver in 2010.

Men's curling. Pressure on Jacobs to keep Canada on top

After six straight wins, Brad Jacobs' rink is on a roll leading into Wednesday's Olympic curling semifinal against China.

But the Canadian skip acknowledges it has been a difficult journey.

"There's a little struggle, I think, coming here," Jacobs said Monday after a short practice session at the Ice Cube Curling Center. "As much as we like to think that it didn't have an effect on us, I think it did — just the enormity of the event.

"You check social media, you check any type of other media and people, all of your supporters even, saying, 'Bring home the gold.' You hear the word gold, gold, gold all the time. It makes you get ahead of yourself a little bit and until you come and you lose a few games, then you realize, 'OK, we need to just get back to the basics and stay in the present and make one shot at a time here.'"

Finding a way

"Every game has been a grind for us. But that's fine. We're kind of known for being the team that goes out and grinds wins out. So it's back to that for us."
Canadian skip Brad Jacobs, on the level of Olympic competition.

Canada is the two-time defending men's Olympic curling champion. Edmonton's Kevin Martin won gold in 2010 in Vancouver, while Brad Gushue of St. John's, N.L., was victorious at the 2006 Turin Games.

The men's and women's hockey teams are probably the only other Canadians under the same pressure as the curlers to win it all here.

Adding to the Canadian expectations is the fact that Jacobs' rink from Sault Ste. Marie, Ont., went through the Olympic trials undefeated.

But there was a rocky opening in Russia with a win over Germany followed by back-to-back losses to Sweden and Switzerland. The Canadians regrouped and reeled off six straight wins to finish with a 7-2 record.

China (7-2) defeated Britain 6-5 earlier Monday to consign the British to a tiebreaker with Norway on Tuesday to determine who faces Sweden (8-1) in the other semifinal Wednesday. Norway, which lost 5-3 to Denmark, and Britain both finished the round robin at 5-4.

Canada beat China 9-8 in an extra end Sunday.

A Sweden-Canada final matchup would be a repeat of last year's world championship final won by Sweden.

THE CANADIAN PRESS

CFL

Riders bolster roster, trade away draft picks

The Saskatchewan Roughriders have acquired the eighth pick in the first round of the 2014 CFL draft, plus non-import punter Josh Bartel and Canadian lineman Shomari Williams, in a trade that saw the Hamilton Tiger-Cats get the ninth pick and 11th overall.

Bartel, who is from Australia, punted 229 times for 9,904 yards with a 43.2 average in two seasons with the Ticats.

Williams, the first overall pick by Saskatchewan in 2010, signed with Hamilton as a free agent a year ago and had one defensive tackle and one special-teams tackle in just six games with the Ticats last season.

The Roughriders acquired the 11th overall pick in an Oct. 6 trade with the Winnipeg Blue Bombers.

The Ticats now have the ninth, 11th, 17th, 44th, 52nd, 53rd and 62nd selections in this year's draft.

THE CANADIAN PRESS

MLB

Pitcher Jimenez, Orioles agree to contract: Report

A person familiar with the situation says free-agent pitcher Ubaldo Jimenez and the Baltimore Orioles have agreed to a contract, pending a physical.

The person spoke on condition of anonymity Monday night because the deal had not been completed and the club had not made an announcement.

Several media outlets reported earlier that the sides had reached an agreement, which is reportedly for about $50 million over four years.

Jimenez went 13-9 with a 3.30 ERA in 32 starts for Cleveland last season. He turned down a $14.1-million qualifying offer from the Indians, so Baltimore would have to forfeit its first-round draft pick (17th overall) to sign him.

Orioles executive vice-president Dan Duquette has been searching for a veteran starter for much of the off-season to help anchor the rotation. Jimenez is 82-75 with a 3.92 ERA over eight major-league seasons.

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Horoscopes

♈ Aries
March 21 - April 20
Don't agree to something just because you cannot be bothered to argue. If you take the easy way out now you will have major problems later on when loved ones and work colleagues hold you to your promises.

♉ Taurus
April 21 - May 21
As the Sun moves into in the area of your chart that governs your hopes and wishes, your dreams and aspirations, you cannot help but raise your sights and aim for something better in life.

♊ Gemini
May 22 - June 21
Carry a notepad with you at all times and be ready to write down any ideas that come into your mind. Your brain is always on the go but soon you will be inspired where career insights are concerned.

♋ Cancer
June 22 - July 23
Don't waste time telling the world what you are going to do — just get on and do it and show you can walk the walk as well as talk the talk.

♌ Leo
July 24 - Aug. 23
You cannot afford to back down today. The planets warn if you give ground once you will be expected to give ground again and soon you will be in full retreat. Leos are stubborn, so dig in your heels.

♍ Virgo
Aug. 24 - Sept. 23
You will feel an attraction for someone who is as different to you as chalk is to cheese and it could be the start of a beautiful friendship – or more. Opposites often match.

♎ Libra
Sept. 24 - Oct. 23
If you find that you are lacking in energy today resist the urge to push yourself even harder. Now that the Sun is moving through the wellbeing area of your chart you must pace yourself sensibly.

♏ Scorpio
Oct. 24 - Nov. 22
The Sun spends the next few weeks transiting the most dynamic and creative area of your chart, so set your sights high and don't think for a moment that you can't reach the top.

♐ Sagittarius
Nov. 23 - Dec. 21
Someone will surprise you today with what amounts to an outrageous ultimatum. Surprise them back by telling them in no uncertain language what they can do with their demands.

♑ Capricorn
Dec. 22 - Jan. 20
Visit places that excite you and visit people who inspire you. Social activities of all kinds are under excellent stars, as is travel, so hit the road and don't look back.

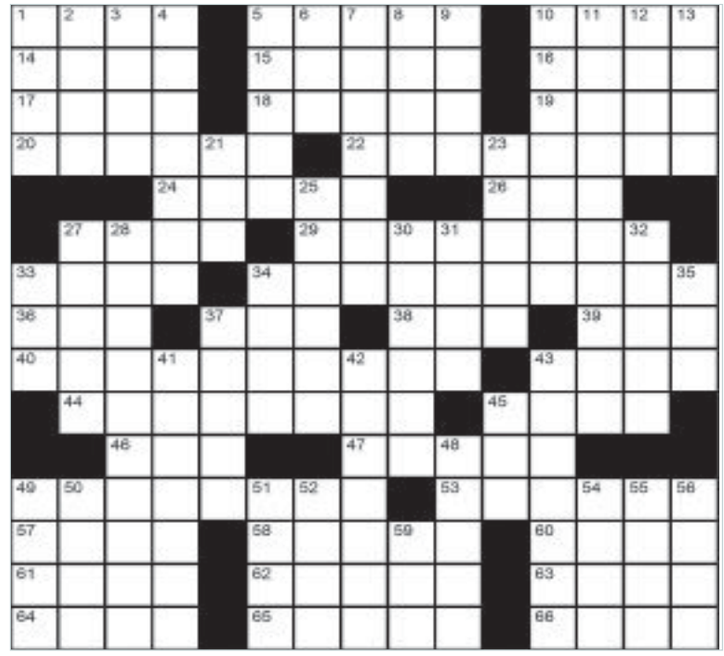
♒ Aquarius
Jan. 21 - Feb. 19
People you trust will be happy to help you out with advice today and you will probably need it where money matters are concerned.

♓ Pisces
Feb. 20 - March 20
The Sun moves into your sign today and even if your birthday you should go out and celebrate. The next few weeks will be extra special, so start making plans and believe, that your dreams will come true. SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

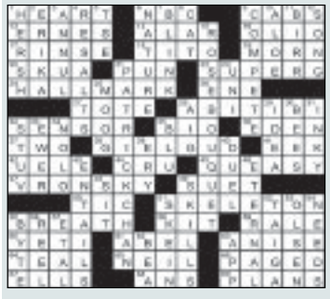
BY KELLY ANN BUCHANAN



Across
1. Half, in Hull
5. Chocolate substitute
10. Terrestrial stage newts
14. With, in Montreal
15. Plant source of tequila
16. "There ought to be _ __ against that!"
17. Give out
18. Resin in varnish
19. Chinook salmon
20. "Survivor" host Jeff
22. Can be united, as opposed to being a foe
24. Mineral water brand
26. Farm enclosure
27. Nylons shade
29. Shirtsleeve jewellery
33. Unforeseen complication
34. Matters of more importance
36. __ and yang
37. SOCHI 2014 - Abbr. for Zagreb's land
38. Sass
39. Miracle-__ (Plant food brand)
40. Russian souvenir, __ doll (Nesting doll)
43. Leg part
44. SOCHI 2014 - Western __ Mountains
45. Objections
46. Puny, puny-ly
47. Vacuum cleaners brand
49. Missed calls 'game': 2 wds.
53. __ Valley, in western Newfoundland
57. "I never promised __ _..."
58. SOCHI 2014 - 'Official Timekeeper' of the Olympics
60. Cincinnati's home
61. Bewitched
62. Ursa __ (Constellation)
63. Do some garden work
64. Moulding style
65. English class assignment
66. Space letters

Down
1. A bit wet
2. By any chance
3. "From __ __ You" by The Beatles
4. SOCHI 2014 - __ Skating Palace
5. Desert dwellers
6. In the past
7. Easter Island: 2 wds.
8. Long circle
9. Canadian telecom company
10. What to do in the kitchen's table: 3 wds.
11. 1975 Rush album: 3 wds.
12. Unit of weight in China
13. Popeye comics kid, __'Pea
21. "Law & Order: _ _ _ "
23. Long Island resort town
25. Over
27. Very early computer
28. Type of melon
30. Like Arlo Guthrie's music
31. Cold, as water in Spain
32. Ms. Russell, and namesakes
33. Type of orchestra, for short
34. Malayan sailing boat
35. Jr. family member
37. Recurring process
41. Destroy
42. Actress Vanessa
43. Gordon Lightfoot song
45. Ghost's shout!
48. Chilling
49. Prefix meaning 'Fire'
50. Author, Tami __
51. Voluminous book
52. Quebec friends
54. Canadian comedian Caroline
55. Geese: French
56. Sci-Fi character
59. Last, __ _ long way

Friday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	9							6
		5	2					
1		4		8	9			7
					5		7	9
		1		3		6		
2	7		9					
3			6	1		2		5
					3	4		
4							8	

Friday's Sudoku

7	2	8	1	9	4	5	3	6
1	4	5	2	6	3	8	7	9
9	3	6	5	7	8	1	2	4
8	6	4	3	1	9	2	5	7
2	5	7	8	4	6	9	1	3
3	9	1	7	5	2	6	4	8
5	8	9	4	3	1	7	6	2
6	1	3	9	2	7	4	8	5
4	7	2	6	8	5	3	9	1

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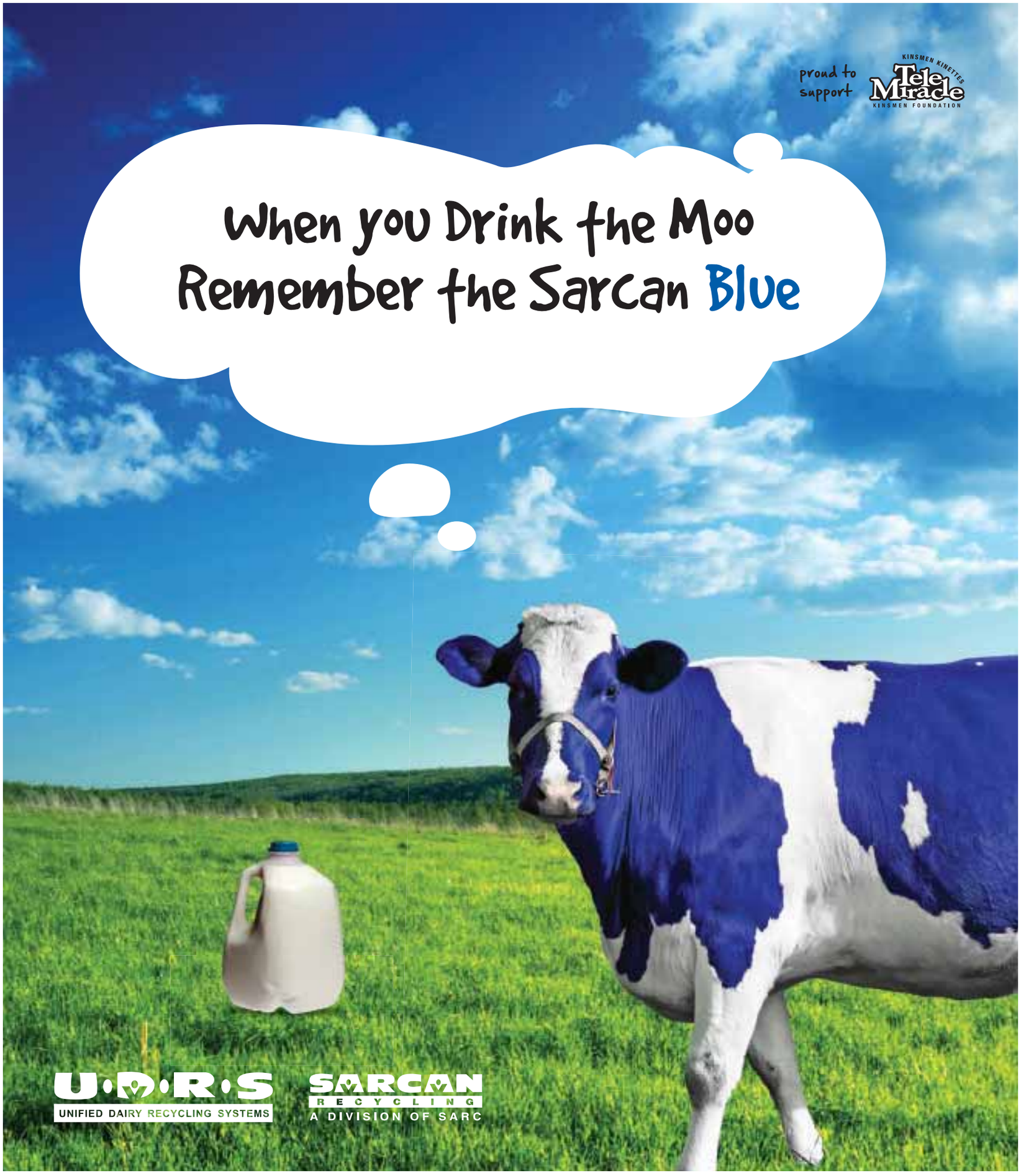
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